

Messages from Workshop Family Members

"...the workshop, coupled with my daughter's determination was the turning point in her recovery."

"I wanted to thank you again for the training last week. I have such a different outlook now."

"I have and will continue to use these useful tools every day."

"We both walked away feeling that we are better equipped to help, and we learned so much from the workshop"

"I'm using some of the practical skills learned in the workshop and it's been going really well. I'm finding ways to apply it to each of my children...!"

"Thank you for an excellent workshop. [It]...is making a positive difference."

"The workshop was very worthwhile for me. I certainly feel this will allow me to start a dialogue with my daughter and to be more responsive to her emotions."



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Sponsored by:



Emotion Focused Family Therapy Workshop For Parents and Caregivers

Eating Disorder Foundation
of
Newfoundland and Labrador

Do You Have a Loved One with an Eating Disorder?

Would you like to participate in a 2-Day Emotion Focused Family Therapy Workshop designed to assist families to help their loved one with an eating disorder?

Emotion Focused Family Therapy Workshop

If your loved one is struggling with an eating disorder and you are trying to help, the Foundation is offering a two day **Emotion Focused Family Therapy Workshop for Parents and Carers.**

The goal of this Workshop is to give families a significant role in their loved one's recovery from an eating disorder. We hope to empower parents and caregivers with specific skills to be effective in this role. This Workshop is based on the deep belief in the healing power of families. In this two day workshop the facilitators hope to educate and support parents and care-

givers in mastering the skills and tasks needed to assist their loved one with the eating disorder.

The Workshop will offer parents and caregivers practical strategies with respect to: meal support and symptom interruption, and emotional relationship repair. Parents and caregivers will also be supported to identify, work through and hopefully overcome obstacles that surface in trying to help a loved one with an eating disorder.

How to Register

- Contact the Eating Disorder Foundation at 709-722-0500 or email patricia@edfnl.ca
- Refreshments provided

Group Facilitator:

Patricia Nash, Counselor and Program Facilitator

Cathy Skinner, Program Coordinator